

TERSELY TOLD TOWN TATES

MANY MATTERS OF MORE THAN PASSING MOMENT.

Gleanings From Here, There and Everywhere By The Sentinel Reporters—Personal Notes.

Mr. and Mrs. M. B. Stone of Lorane were in Cottage Grove on Monday. They will move to Tacoma in the near future, having offered their farm of 160 acres—one of the best in this section—for sale. Mr. Stone will engage in the wagon business with his brother. Mrs. H. O. Thompson and children returned on Saturday from a visit to relatives in California.

Williams' hard wheat bread—really worth the eating.—Kerr & Silsby.

There will be no assessment for the Modern Woodmen of America in August.

Miss Lavinia Bowen returned from Cottage Grove this morning after a visit with friends at that city. She was accompanied by Fay Allison, who will spend a couple of weeks visiting with his brother, H. H. Allison.—Roseburg News.

A good cow for sale. Inquire of Burkholder-Woods Co.

A fire in an old "burn" near Saginaw that had been burning for nearly a week was blazing so hard Saturday afternoon that the flames could be seen for a long distance. It was only in the dead timber, and did no damage.

E. Myers has returned from Coos county, where he was employed in a sawmill.

Miss Mabel Rosenberg will teach in the new school district west of the city.

For Sale.—Good bargain in confectionery store, if sold at once. Also household goods for sale cheap. Inquire at The Rose Confectionery, Cottage Grove, Ore.

Mr. and Mrs. Howard of Eugene were Cottage Grove visitors on Monday.

Dr. Prentice of the county town was in the city on Monday.

Mr. A. B. Wood, who has been in the East for some time, is expected home early in the week.

Mr. and Mrs. S. M. Titus and A. J. Titus of Eugene were in the city on Monday. They went to London Springs for an outing.

Mrs. S. E. Cochran is visiting her son Charles at Freewater.

Groceries—Attractive things for summer menus.—Kerr & Silsby.

Mr. and Mrs. J. W. Harris were on Monday.

John Hampton of Eugene spent the first of the week in the city, a guest in the family of Mr. Tyson.

Mr. W. H. Ostrander, who is visiting at Warren, Minnesota, will return to Cottage Grove on September 1.

William's bread, wholesome eating without the work of making it yourself.—Kerr & Silsby.

And still there are no bids for the improvement of East Main street and Tennessee avenue.

The new school house west of the city limits is fast approaching completion. F. H. Rosenberg spent the first of the week at Star and other points on the O. & S. E.

FOR SALE—House, barn, outbuildings, all new, two acres, one in fruit trees and small fruits, just outside city limits. Ten acres, with house, barn, modern improvements, running water and household goods, three quarters of a mile from city limits. Two A1 lots on Wall street. Address P. O. box 424.

Roseburg has undertaken to build a wagon road from that city to Crater Lake, and hopes to make it the main thoroughfare to that famous spot. But Medford will probably look after this travel for years to come.

Nichols & Brumfield pay the highest prices for second hand bicycles. If you have one you want to see them.

E. W. Kibby, formerly connected with the Albany Herald, has gone to The Citizen at that place. The publication is to be congratulated upon securing the services of this able newspaper man.

Col. R. M. Veatch, Henry H. Veatch, Jim Wallace and John Veatch are off on a hunting trip to Crescent Lake. They will be absent about three weeks.

N. P. Chrisman has transferred a lot in Long and Landess addition to B. K. Lawson.

Pure strained honey, 25 cents per jar. Also have in combs at 20 cents per frame.—Kerr & Silsby.

Mr. Harry Short returned on Friday last from a two months' visit in Illinois, and is again at his old post at the Bank of Cottage Grove.

Wm. Landess went to Oakland on Saturday, returning on Sunday.

M. B. Stone, one of the substantial farmers of the Lorane valley, contemplates disposing of his ranch and moving to Tacoma.

Rodgers' Stainfloor will renew your old furniture. You can apply it. Get it at Waters' Wall Paper Store.

Newport will have a large clambake August 14.

F. H. Fawcett and family of Oakland have moved to their new location five miles west of Cottage Grove. They have a good house and 18 acres of land near the Royal academy.

Health Officer Oglesby reports one

death, four births and no contagious diseases for Cottage Grove during the month of July.

Interest this year in the State Fair is greater than ever before, for in this day, when every county of the state is pounding publicity to show the resources of each section, a number have or are arranging exhibits to the best picture of what has been and can be accomplished in that part of the most-talked of state in the Union. From prospects taken from inquiries made to the secretary, Frank Meredith, more visitors will attend the 1910 fair than ever before and it is potent that all counties be represented, as thousands of eastern visitors will attend the fair to see better and in a short space of time what section offers them best, for their desires.

Miss Armored Sutcliffe is visiting friends at Yamhill.

W. B. Cooper has returned from a visit to Alberta, Canada.

Mr. Skow will open his store in the Woodward block next week.

Rev. Sutcliffe and family will spend their vacation camping near the warehouse. They will leave on Monday. This is one of the many delightful camping spots in this neighborhood.

Now is the time to touch up your screens. Screen paint at Waters' Wall Paper Store.

Try our Special Blend O. S. roast coffee, 25 cents per pound. Kerr & Silsby.

Mr. and Mrs. L. Kempf, G. H. Dyer and two sons, Harry and George, left this morning for Cow creek canyon, where they will spend a month camping and hunting.

G. W. Crusen of Lebanon spent a portion of the week with his son, C. C. Crusen of this city.

Mr. F. J. Hard returned to Bohemia this morning by stage.

Mr. Ely of the Mayflower mine is in the city making arrangements to take in supplies.

Harry Parker is down from camp in the Bohemia for a few days.

Mr. and Mrs. Felix Currin spent last Saturday with Mr. and Mrs. James Kirk of Wildwood.

Tom Parker was an Albany visitor this week, going thither to see his mother, who is recovering from a surgical operation.

Currin Cooley has transferred lot 8 in block 20 of Long & Landess' addition to Albert J. Willard; consideration not given.

Duke Knox was in Eugene on Tuesday, as was also L. S. Hill.

Miss Frances Bushey of Junction City is spending the week a guest in the home of Dr. Oglesby and family.

Miss Ada Smith of Portland and Miss Elwood of Medford are guests of Dr. and Mrs. H. C. Schlee of this city.

H. J. Ritchey of Anlauf was a "Nesmith county" seat visitor on Monday.

Mrs. Rhinehart of San Diego is visiting relatives and friends in Cottage Grove and vicinity—her old home. Mrs. Rhinehart is a niece of Dr. Oglesby.

C. J. Saddler and wife of Reno, Nevada, who are making an automobile trip in this valley, were at Hotel Oregon last night on their way home. They found the roads south of Cottage Grove in wretched condition.

A CLUBBING OFFER.

The Sentinel Free For One Year to All Subscribing to Other Publications.

The Sentinel offers you what is undoubtedly the greatest clubbing proposition in America. Actual experience has proved that there is no better method of securing circulation than by offering a year's subscription to some standard magazine. We have made arrangements whereby we can offer you not one, but three such publications: Boy's Magazine, monthly, subscription price, \$1.00; Mother's Magazine, monthly subscription price, 50 cents; Opportunity Magazine, monthly subscription price, 50 cents; total subscription value, \$2.00; price to you, including The Cottage Grove Sentinel for one year, \$2.00. You are to get The Sentinel absolutely free of cost.

This is the strongest and most remarkable combination ever gotten together for the exclusive use of this paper. Each publication is high grade, well edited, well printed on good paper, with good illustrations and the cover, in each case, is in two colors.

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You can readily see that with our subscription price at \$1.50 a year, and we offer a combination of our own paper and these three magazines, a total value of \$3.50 for \$2.00, our readers should quickly appreciate the bargain we are giving them. We are making a bargain price that our subscribers cannot afford to resist.

Death of Mrs. Downing.

Mrs. Stella Downing of Doty, Washington, a sister of Miss Zelma Maples of this city, died at her home on Monday. Miss Zelma was called to the bedside of her sister last week. The deceased was formerly a resident of Cottage Grove.

Mistake in Date.

The Kansans annual picnic will be held at the city park Wednesday, August 31, instead of last Wednesday, as announced in The Sentinel of last week.

OSTEOPATHY.

Osteopathy is a system of treatment of disease that has met with such remarkable success in the last fifteen years that it has attracted widespread attention throughout the United States, Canada and some European countries.

It cannot be clearly defined in a single sentence and since there are so many mistaken ideas concerning it, some explanation is due the public. Its opponents industriously belittle it and its friends often wish for some statement that will place it in a fair light before the people.

DEFINITION.

Osteopathy is a science of treating human ailments, which regards most diseases as being either primarily produced, or maintained, by an obstruction of the free passage of nerve impulses or blood and lymph flow, and undertakes by manipulation to remove such obstruction so that nature may resume her perfect work.

EXPLANATION.

While it is a distinctive theory of osteopathy that disease conditions, not due to a specific poison, are traceable to mechanical disorders in the body, or some part of it, and that the correction of such disorder is not only the rational treatment, but is necessary to the restoration of a permanent condition of health, yet as a palliative treatment appropriate manipulations are occasionally employed to stimulate or inhibit functional activity as conditions may require. Osteopaths also employ such rational hygienic measures, common to all systems of healing, as have been proven of undoubted value, and take into account environmental influences, habits and modes of life, as affecting the body in maintaining or regaining health.

THE SCOPE OF OSTEOPTHY.

The question is sometimes asked, "What does osteopathy treat?" In reply it may be said that osteopathy is co-extensive with the science and art of healing. Theoretically it embraces conservative surgery, and preparations are now being made to educate surgeons in their own colleges, practically at the present time the majority of osteopaths, though trained in surgical diagnosis, do not undertake the treatment of cases requiring major surgical operations. It is true, however, that many cases generally regarded as surgical yield to osteopathic treatment.

EDUCATION OF OSTEOPTHY.

Osteopaths are required to take a course of at least twenty-seven months in three separate years. They have practical work in diagnosis for eighteen months, and experience and observation in practice for the same time. There are hospitals connected with the schools and clinical advantages of a high order. The careful physical examination gives a peculiar advantage. The constant use of the fingers gives great delicacy of touch and is of great aid in diagnosis. They study pathology, histology, anatomy, bacteriology, physiology, chemistry, surgery, obstetrics, gynecology, and, in fact, all the subjects of a general medical education, except drug therapeutics.

LEGAL STATUS.

Osteopathy—"A system, method or science of healing." See statutes of the following States and territories: Arkansas, California, Connecticut, Florida, Hawaii, Indiana, Iowa, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Vermont, Washington and Wisconsin.

In sixteen of the above there are independent osteopathic boards, and some others provide for recording diplomas from reputable osteopathic colleges, in other states osteopaths are members of medical boards, while in others the laws specially exempt osteopaths from the provisions of medical statutes. In some other states the higher courts have decided that the practice of osteopathy is not the practice of medicine within the meaning of the medical practice act. In all of the states and territories of the United States osteopaths are law practicing their profession, as well as in many foreign countries.

HISTORICAL SKETCH OF OSTEOPTHY.

Dr. Andrew Taylor S. of Kirksville, Mo., a "regular" practitioner of medicine, becoming dissatisfied with drug therapeutics, as having very many of the best of that profession, commenced a line of research which resulted in the discovery in 1874 of the principles upon which the science of osteopathy rests. Foreign years thereafter he continued his researches and practiced along the lines of his new theories. At this time (1892) practice had grown to such proportions that he needed assistance, and he convinced that he had a science to be taught to others, the Kirksville School of Osteopathy was founded and a small class matriculated.

From this humble beginning the science has grown until at the present time there are flourishing schools, giving a course of three years or months each, in Kirksville, Mo.

Moines, Chicago, Philadelphia, Boston, Los Angeles and Kansas City. There are now about five thousand graduates of these schools practicing throughout the United States and in many foreign lands. The profession is now well organized, many of the cities have societies, while there is scarcely a state that has not its association. The American Osteopathic Association has about seventeen hundred active members, and publishes a monthly journal devoted to the scientific and professional interests of osteopathy, while a movement is now well under way to endow a Post Graduate College for research work and training in special lines of practice.

People's Popular Service, Methodist church, Sunday at 8 p.m.

NOTICE OF ELECTION.

Notice is hereby given that on Monday, August 22, 1910, a special election will be held in the city of Cottage Grove, Lane county, Oregon, for the purpose of voting on the following Initiative petitions:

To propose by initiative petition a measure to amend Section 3, of Chapter VI of an act to incorporate the City of Cottage Grove, enacted and adopted by the special session of the Legislative Assembly 1903.

To propose by initiative petition a measure to amend Section 1 of Chapter VIII of an act to incorporate the City of Cottage Grove, enacted and adopted by the special session of the Legislative Assembly 1903.

To propose by initiative petition a law providing for the manner of vacating streets, and parts thereof in the City of Cottage Grove, and the property to which said vacated street or part thereof vacated shall attach.

To propose by initiative petition a law providing for the confirming the purchase by the City of Cottage Grove, one rock quarry and one rock crusher, and appliances, and providing for the sale of rock therefrom, and the care and custody of the money derived from such sales.

To propose by initiative petition a law giving to the Common Council power to issue and dispose of coupon bonds for the purpose of paying for the paving of the intersections of Main street with bitulithic pavement.

To propose by initiative petition a law giving to the Common Council power to issue and dispose of coupon bonds, not exceeding \$30,000, for the purpose of retiring all outstanding warrants; and defraying the necessary current expenses of the City of Cottage Grove.

PROFESSIONAL CARDS

DR. H. H. SOMERS

Osteopathic Physician

Office, Lawson Block. Hours: 9 to 12 a.m., 1:30 to 5:00 p.m. Other hours by appointment.

J. C. JOHNSON

Attorney-at-Law

Practice in all Courts of State. Corporation, mining and Probate law a specialty. Collection and Insurance.

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COTTAGE GROVE CAMP, No. 6424.

M. W. of A., meets the second and fourth Thursdays of each month at the I. O. O. F. Hall. Visitors Welcome.

J. B. PROTZMAN, Consul.
C. W. WALLACE, Clerk.

A. F. & A. M.—Cottage Grove, No. 51. Meets 1st and 3rd Wednesdays. Visitors cordially invited.

H. F. Wynne, W. M.
M. H. Anderson, Sec.

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The increased valuation is demonstrated in the following cities in the west where the Bitulithic Pavement has been laid:

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and many other cities		

It is a general proposition that two years after a street has been paved

THE PROPERTY CAN BE SOLD FOR DOUBLE

the price at which it is offered before paving, and yet at that time only two of the ten payments have been made. Examine

THE BITULITHIC PAVEMENT

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with the aid of our garden hose. Then you needn't care if it never rains. If you prefer the good old watering pot, we have that too. In fact we have

Everything in Hardware

you can think of and lots more as well. Stop in and look around. The chances are you need something you'll keep on forgetting till you see it.

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Heavy and Shelf Hardware, Feed and Hay

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New Brick Annex

Rooms with Bath

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